

Child Care Health Consultation Lesson Plan

Contractor Name: Polk County Health Center

Date Submitted: October 1, 2015

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety

Select one standard and one level

Health and Safety Standards

- ☐ Promoting Risk Management Practices
☐ Protecting Children and Youth
☒ Promoting Physical Health
☐ Promoting Mental Health
☐ Promoting Healthy Eating

Training Levels

☒ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Source:

Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011

Title: Motor Development: Birth Through Age Five

Training Goal: Participants will recognize the implications motor development concepts have on movement for children birth to age five.

Learning Objective(s): Participants will

- discuss key concepts related to motor development from birth to age five;
- identify physical activities that provide movement opportunities and foster successful achievement of developmental milestones.

Topical Outline of Content	Training Method(s)	Time (in minutes)
Introduction of speaker and topic; Discussion of terms (gross and fine motor skills) and the significance of motor development to general growth and development.	Lecture & discussion	5
Exploration of continuum of movement development from reflexes to gross and fine motor milestones.	PPT & video clips	20
Impact of early experiences on brain development which affect milestone outcomes and lifelong health.	Discussion & video clip	6
Activities that promote gross and fine motor development	Discussion & video clips	20
Continuum of gross and fine motor skills development	Discussion & PPT; handouts	5
Conclusion and evaluation	Discussion	4
Total Training Time= One (1) Clock Hour		

Method(s) of Outcome Evaluation: Discussion Q & A

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Date Approved:
10-6-2015

Authorized Approval Signature:
Nola Martz, CCHC Program Manager

Date Expires:
October 2018